

Print name: _____ / _____
First Last

FOOD QUESTIONNAIRE



Stanford Nutrition Action Program
Stanford Center for Research in Disease Prevention

For office use only

ID number _____

Date ____ / ____ / ____

- 1. What is your birthdate?** _____
 Month Day Year
- 2. What is your age?** _____ # of years
- 3. What is your sex?** ☐ Male ☐ Female
- 4. In the last two weeks, have you eaten the following foods from restaurants or carry-outs?
Remember to think about all meals (breakfast, lunch, dinner or snacks).**

| Restaurant Food | Number of Times Last Two Weeks | | | |
|-----------------|---|--------------------------|-------------------------------|-------------------------------|
| | Never or less than once a week ⁷ | Once a week ³ | 2-4 times a week ² | Almost every day ¹ |
| Fried chicken | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Burgers | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Pizza | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Chinese food | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Mexican food | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Fried fish | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

- 5. The next section asks about the food you have eaten in the last two weeks.**

| TYPE OF FOOD | HOW OFTEN IN LAST 2 WEEKS | | | | | | | HOW MUCH | | | |
|--|---|----------------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|---------------------|-----------------------|----------------------------------|-----------------------|
| | NEVER OR LESS THAN ONCE PER WEEK | 1 PER WEEK | 2 PER WEEK | 3-4 PER WEEK | 5-6 PER WEEK | 1 PER DAY | 2+ PER DAY | MEDIUM SERVING | YOUR SERVING SIZE | | |
| | | | | | | | | | S | M | L |
| FRUITS AND JUICES | | | | | | | | | | | |
| EXAMPLE: Apples, etc | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 1 medium or 1/2 cup | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> |
| Apples, applesauce, pears | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 1 medium or 1/2 cup | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Bananas | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 1 medium | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Peaches, apricots (canned, frozen or dried) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 1 medium or 1/2 cup | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Cantaloupe (in season) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 1/4 medium | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Watermelon (in season) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 1 slice | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Strawberries (in season) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 1/2 cup | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Oranges | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 1 medium | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Orange juice or grapefruit juice | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 6 ounce glass | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Grapefruit | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 1/2 medium | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Other fruit juices or fortified drinks | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 6 ounce glass | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Any other fruit, including berries, fruit cocktail, grapes | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 1/2 cup | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| BREAKFAST FOODS | | | | | | | | | | | |
| High fiber, bran or granola cereals, shredded wheat | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 1 medium bowl | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Highly fortified cereals, such as Product 19 or Total | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 1 medium bowl | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Other cold cereals, such as corn flakes, Rice Krispies or Cheerios | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 1 medium bowl | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Cooked cereal or grits | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 1 medium bowl | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Sugar added to cereal | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 2 teaspoons | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Eggs | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 2 eggs | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Bacon | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 2 slices | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Sausage | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | 2 patties or links | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |